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Twenty-second Annual Report of the Allentown State Hospital

(Homeopathic State Hospital)

Presented to the Homeopathic Medical Society of the State
of Pennsylvania, September 25, 1934

BY

HENRY I. KLOPP, M.D., F.A.C.P., D.SC.

Superintendent and Physician-in-Chief

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COMMONWEALTH
OF
PENNSYLVANIA

TWENTY-SECOND ANNUAL REPORT OF THE ALLENTOWN STATE HOSPITAL

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BY HENRY I. KLOPP, M.D., F.A.C.P., D.SC., SUPERINTENDENT
AND PHYSICIAN-IN-CHIEF

THE Twenty-second Annual Report of the Allentown State Hospital (Homeopathic State Hospital) to the Homeopathic Medical Society of the State of Pennsylvania, covering the hospital year from June 1, 1933, to May 31, 1934, is hereby submitted.

The professional work of the hospital, in accordance with the following sub-divisions, will be emphasized:

I Movement of Population

- A. Number and percentage of principal diagnostic groups admitted and furloughed.
- B. Discharges
- C. Deaths

II General Medical and Surgical Activities

- A. Operations
- B. Consultant Staff

III Psychiatric Activities

- A. Medical Staff and Conferences
- B. Homeopathic Prescriptions
- C. Special Treatments
- D. Physical Therapy and Added Equipment
- E. Hydrotherapy

- F. Occupational Therapy
- G. Music
- H. Recreation (Physical Education)
- I. Special Examinations
 - 1. Basal Metabolism
 - 2. Electrocardiography
 - 3. Ophthalmoscopic
 - 4. Ear, Nose and Throat
- J. Dental Activities
- K. Psychiatric Institute
 - 1. Men and Women
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 - 3. School
- IV Research
- V Educational Activities
- VI Community Service
 - A. Clinics
 - B. Furloughs
- VII Social Service Department
- VIII School of Nursing
- IX Administrative and Dietary Activities
- X Agricultural Activities
- XI Construction Program
- XII Per Capita Costs

MOVEMENT OF POPULATION

The *admissions*, during the fiscal year, were as follows: First Admission, 252 men, 174 women, total 426. Re-Admissions, 41 men, 27 women, total 68. Transfers, 3 men, 1 woman, total 4. Total Admissions were 498, they being 296 men and 202 women. Voluntary admissions numbered 16, 6 being men and 10 women. The total number under treatment for the year was 1228 men, 1106 women, a total of 2334. At the beginning of the year there were 1518 patients in the hospital, composed of 754 men and 764 women. At the end

of the year our population was 1567, a net gain of 49, divided into 775 men and 792 women. The daily average in the hospital was 1562.02, the daily average on furlough 341.40. This figure is 22% of the number in the hospital and 18% of the total on the books, these percentages being identical with those of the previous year.

Since the opening of the hospital we have had 9733 admissions, 1169 of which were re-admissions in the sense of their having been in the Allentown State Hospital previously. During the past year we had 68 re-admissions, using the term in the sense of the Federal Statistics, namely, referring to patients who have been in some mental institution previously. Of these, 55 had been in the Allentown State Hospital previously.

During the year our daily average *over-crowding*, namely, the excess of patients over beds, was 3%. During the previous year our rated capacity was 1477, this having been crowded to 1510 by the placing of additional beds.

The *diagnostic distribution* of the 426 first admissions (previous year 389) was: 12% Senile and Arteriosclerosis; 9% General Paralysis; 7% Alcoholic Psychosis with an additional 2% Alcoholics without Psychosis; 17% Manic Depressive; 18% Dementia Praecox; and an additional 5% was made up of Epileptic Psychosis and Psychosis with Mental Deficiency. 10% of our first admissions were left Undiagnosed and 13% were without Psychosis. 5% of this 13% was made-up of Mental Deficiency. These percentages approximate those of previous years with this exception, that Manic Depressive have increased from 11 to 17% and Dementia Praecox have dropped from 20 to 18%, and without Psychosis dropped from 15 to 13%.

Of the re-admissions 15% were Alcoholics, 35% Manic Depressive, 21% Dementia Praecox, and 15% without Psychosis. A rather striking finding is the small percentage of aliens among our first admissions, they making up less than 5% whereas 85% of the first admissions were native born and 9% were naturalized. In our particular district the foreign-born are not a large problem at this time. The ages of our first admissions show 8% under 15 years of age, 10% ages 15 to 19, this being the second largest number in the five-year age groups, the largest number slightly over 11%, being in the group aged 35 to 39, 1/5 of which were Dementia Praecox and 1/6 General Paralysis. 8% of our first admis-

sions were over 70 years of age, this being the same percentage as under the 15 year group.

Discharges: Of the 262 discharges, 27% were recovered, 42% improved, 8% unimproved, and 23% without psychosis.

Deaths: Our deaths for the year numbered 97, 55 being men, and 42 women, whereas the previous year the deaths numbered 85. However, the percentages were very similar to the previous year, namely that the deaths amount to 20% of the number admitted, to somewhat less than 6% of the daily average in the hospital, and to less than 4% of the total number under treatment. We did less well as regarding autopsies, only practically 14% of the deaths coming to necropsy, compared with 20% for the previous year.

In general the *health* of both patients and employees has been good, we having no serious epidemics and only mild outbreaks of respiratory and digestive infection from time to time. As usual there was more illness among women employees than among the men. Twenty-four employees were cared for in the men's infirmary and fifty-eight in the women's, the latter having a total of 716 sick days.

The following *surgical operations* have been performed. Dr. Roy W. Goshorn assisting and Dr. M. Rossman etherizing as a rule.

Operations	Surgeons	Patient	Employee
Herniotomy	F. Bristol	4	
Removal of Tumor	F. Bristol	1	
Appendectomy	F. Bristol	2	1
Resection of Multiple Sinuses of Back ..	F. Bristol	1	
Debridement of Infected Compound Fracture of Tibia and Fibula (Secondary)	F. Bristol	1	
Diverticulum of Ilium, and Appendectomy	F. Bristol		1
Gall Bladder Operation	F. Bristol	1	
Osteomyelitis of Extensor Surface of Right Middle Finger	F. Bristol	1	
Removal of Cysts	F. Bristol		Resident
Removal of Cataracts	F. Peters & W. J. Ryan	1	
Removal of glass ball in socket of right eye	F. Peters & W. J. Ryan	1	
Panophthalmitis	F. Peters & W. J. Ryan	1	
Cystocele, Rectocele; Amputation of End of Cervix; Removal of Ovarian Cyst	F. Frosch	1	
Rectocele, Cystocele; Prolapse of Uterus	F. Frosch	1	
Removal of Hemorrhoids	H. A. Adams	2	

All these cases made good recoveries. Two of the above were employees and one the wife of an officer.

Our *consultant staff* responded readily. In addition to Dr. Bristol, Dr. Peters and Dr. Ryan—Ophthalmologists made 3 visits, Dr. Adams our Proctologist made 2 visits, Dr. Frosch—Gynæcologist—2 visits, Dr. George Geckeler—4 visits and Dr. E. Roland Snader—2 visits.

In minor surgery women's prolonged service there were 5865 cases treated. Of these there were 10 casualties of a more serious nature (5 colles fractures, 2 fractures of the femur, 2 fractures of the humerus, 1 fracture of the ribs and 1 fracture of clavicle). In the minor surgery of the men's prolonged service, the treatments and examinations totaled 6091.

PSYCHIATRIC ACTIVITIES

The Clinical Director Dr. H. F. Hoffman made rounds with the various physicians weekly in addition to the Sunday group rounds.

Staff Meetings were usually held 6 times weekly. During the past year there were presented 494 new cases, 269 re-examinations for decision regarding furlough, for report to judges or for change of diagnosis. Thirty-one sessions were devoted to discussions principally of papers presented at medical meetings attended by members of the Staff and 35 sessions were devoted to review of journals. The medical activities have continued as 3 services.

There have been no changes in the make-up of the *medical staff* during the past year; having 9 physicians to 1567 patients gives the ratio of 1 to 174. The plan is to add 1 physician to the medical staff the coming fiscal year, this will bring our ratio very close to the standards of the American Psychiatric Association, namely—1 to 150.

One member of the present staff will be assigned to our Institute for Boys and Girls and he also will devote time to child guidance clinic activities. Since July 1, 1933, we have had in effect an arrangement with Hahnemann Hospital, Philadelphia by which some internes taking the 2 year period of rotating interne service are assigned for 2 months to the Allentown State Hospital. We thus far have had for almost a year a graduate interne whose 2 months service has been divided between the 3 services in this institution, namely men's and women's prolonged and institute group. Last fall Dr. A. Lindenfeld attended the course in "*Clinico Pathologic Neuropsychiatry*" at the Post-Graduate School of Medicine, University of Pennsylvania.

Dr. M. Rossman has begun a special course in "Child Guidance" at the Philadelphia Child Guidance Clinic. Within the past year Dr. LeRoy A. Maeder has given 22 seminars on *psychoanalysis*, the complete series of 30 to be finished in the fall of 1934. These seminars are attended by the members of the medical staff and the social service department and occasional guests. At first the sessions were held afternoon and evening, more recently morning and afternoon. Teaching of nurses, affiliate nurses and affiliate occupational classes is carried on very actively, most of the instruction given by physicians falling to the lot of Drs. Buchman, Rossman and Lindenfeld.

As stated above, the ratio of medical officers to patients is 1 to 174. We have 29 graduate nurses this including the supervising and physical therapy group, giving a ratio of 1 to 54. We have 70 men attendants and with a men's census of 775—a ratio of 1 to 11. There are 24 women attendants to 792 women patients giving a ratio of 1 to 33. In calculating the ratio of nurses and attendants to women patients we include 20 graduate nurses, 27 student nurses, figuring affiliates as equivalent to one-half student nurse, and 24 attendants, in this way making a total of 71 which gives us a ratio of 1 to 11 nursing personnel on the women's service exclusive of supervising and physical therapy personnel. Figuring the total ward service, including the supervising personnel we have 154 employes and calculating 1567 patients gives us a ratio of 1 to 10. Putting the above in tabular form we have:

Physicians	1	to	174	Patients
Graduate Nurses	1	to	54	"
Attendants—Men	1	to	11	"
Women	1	to	33	"
Total Nurses and Attendants ...	1	to	11	"
Nurses and Supervisors	1	to	10	"

Medical Library: A great amount of work was accomplished during the past year in the Medical Library so that the department is in fine condition.

Two women, C.W.A. workers and librarians, went over the entire Medical Library, accessioned all books, relabeled, renumbered and reclassified them following a plan used in the Boston Medical Library and other large libraries in the United

States. Nearly 2500 cards, both author and title cards were written and nearly 1000 shelf list cards were made out. About 100 new book supports were made by the occupational therapy department which keep the books standing in an upright position and add much to a neater appearance of the books on the shelving. Also a new system of charging books to persons borrowing them was devised which is working very satisfactorily.

About 200 books were mended and patched so that now the general condition of the books is good. The Journals in the Journal Room have also been gone over completely and catalogued so that now it is an easy matter to ascertain what journals are on the shelves and where they are to be located.

The Journals in Endocrinology have been bound into book form and the work was well done. Some work has been done on the binding into book form of the HAHNEMANNIAN MONTHLY JOURNAL.

The number of books in the Medical Library approximates 2000.

General Library: Within the fiscal year ended May 31, 1934, there were exchanged in the adult general library 3741 books—2931 among patients and 810 among employees. The average turn out per month was 244 for patients and 67 for employees. A total of 48 books were added, 18 of which were donations.

In the children's library 778 books were exchanged and 59 books added, 43 of which were donated.

The inventory of both the adult and children's which is in charge of the occupational therapy department is as follows :

Fiction	1993	Travel and Geography	55
History	72	Poetry and Music	49
Biography	32	Religion	20
Literature	72	Sciences	75

Total for adult library is 2368, for children's 439 books.

Homeopathic Prescriptions: Within the year ended May 31, 1934, there were 5632 new prescriptions; 4184 were single homeopathic remedies. There were 14,184 refill prescriptions, making a total of new and refill of 19,001 for both patients and employees. The 4184 homeopathic prescriptions covered

155 homeopathic drugs. Of these the following 44 were those most frequently prescribed :

	Times		Times
1. Aconitum Napellis	96	23. Hepar Sulph.	71
2. Allium Ceba	182	24. Hydrastis	50
3. Aloes	44	25. Hyoscyamus	20
4. Antimony Tart	24	26. Ignatia	24
5. Apis Mellifica	19	27. Ipecac	46
6. Arnica	48	28. Kali Bichromicum	33
7. Ars. Alb.	178	29. Lachesis	29
8. Ars. Iodide	75	30. Lycopodium	54
9. Belladonna	345	31. Merc Biniodide	53
10. Bryonia	302	32. Merc Sol.	66
11. Causticum	133	33. Natrum Mur.	22
12. Chelidonium	39	34. Nux Vomica	241
13. Cimicifuga	29	35. Phosphorus	112
14. Camphora	25	36. Phytolacca	20
15. Cinchona	42	37. Podophyllum	33
16. China Ars.	72	38. Pulsatilla	101
17. Colocynth	57	39. Rhus Tox	76
18. Drosera	22	40. Rumex	24
19. Echinacea	21	41. Sanguinaria	73
20. Eupatorium	88	42. Sulphur	88
21. Ferrum Phos.	83	43. Stramonium	34
22. Gelsemium	312	44. Viburnum	49

During the past year we made arrangements with Dr. Herbert A. Roberts of Derby, Connecticut, he to make a series of repertorial studies of selected patients. The cases are being written up by the graduate internes. During the month of May, 1934, four such studies were completed.

Medication and Special Treatments as indicated have been carried on such as triparsemide and typhoid vaccine treatment of luetic cases.

Fever Treatments by means of the hyperpyrexator were continued, we giving a total of 440 treatments to 41 patients, 33 of whom completed the course of 12 treatments with inter-current ultra-violet general body radiation. 27 of these showed improvement, 2 died, 1 within 6 the other within 7 months after treatment both being cases of general paralysis in an advanced stage. 4 of them have been furloughed, 5 have been transferred to the Veterans' Bureau Hospital at Coatesville in improved condition.

Neurosyphilis: On the men's service for Prolonged Cases the past procedure was followed in using courses of Sulphar-

sphenamine, Mercury Succinimide and Tryparsamide dividing the patients into groups for each kind of chemical. The use of Tryparsamide in 2 gram doses for 10 intravenous injections has been limited to groups of 4 to 6 patients and selected from those having received pyretotherapy as conducted by Dr. Hoffman clinical director.

At present 4 cases of general paralysis selected, are receiving Typhoid Vaccine intravenously and Tryparsamide. These cases would not have received treatment at the Physical Therapy Department. Added to this group is a mute Cata-tonic Praecox as a control. The treatment has been modified on a semi-individual basis and effort directed toward inducing and maintaining for longer period than past experience has shown a higher temperature than 103 degrees Fahrenheit.

We are contemplating using Coley's Fluid in another group to reinforce the effect of Typhoid Vaccine and refrain from using the higher doses necessary in the past and more recent experience.

As formerly, all luetic cases have routinely been studied electro-cardiographically.

All of the patients on the women's prolonged service suffering from General Paralysis were treated by Tryparsamide. In all, 239 intravenous injections were given. Some of these also received fever treatment by physical means.

Encephalitis—Parkinsons Syndrome: We now have 3 patients in this group receiving Strammonium Tincture. These patients have had similar therapy with intervals without medication. Only 1 reports subjective improvement and all have shown no objective neurologic improvement. These same cases will be given the leaves of Strammonium in capsules and determine the effects of this treatment.

Alcoholic Psychoses: Spinal fluid examinations have been made in selected alcoholic cases, this work was begun the preceding year. In only 2 cases was it felt the examination should be repeated. In all cases explanation of the test as a therapeutic measure was given for psychic effect. In the few instances (2) where pressure was found definitely increased, only enough fluid was withdrawn to reduce the pressure to normal. The treatment was repeated once in 1 of these cases, the other patient having been transferred to another hospital. With our spinal manometer we considered the upper limit of normal pressure as 12 millimeters.

Diagnosis	Pressure	Cells	Globulin	Sugar	Curve	Albumin
Alcoholic, Deterioration	Normal	21	Neg.	+2	112,210,000	Normal
Alcoholic, Deterioration	18	1	+1	+1	000,000,000	+1
Repeated	12	1	+2	+1	111,111,000	+1
Alcoholic, Deterioration	10	Unable	Neg.	Neg.	011,111,000	Not done
Alcoholic, Deterioration	10	2	Neg.	+1	000,000,000	Normal
Alcoholic, Deterioration	6	2	Not done	Not done	001,110,000	Normal
Alcoholic, Pathologic Intoxication	12	5	+1	+1	000,000,000	Normal
Delirium Tremens	12	Unable	+2	+3	223,332,210	Normal
Acute Hallucinosi	10	2	+2	+2	000,000,000	Normal
Acute Hallucinosi	6	3	Neg.	+1	000,000,000	+1
Acute Hallucinosi	12	3	+2	+3	000,000,000	+2
Alcoholic, Undiagnosed Type	12	13	Neg.	+2	000,000,000	Normal
Repeated	12	7	Neg.	+1	000,000,000	Normal
Alcoholic, Chronic Hallucinosi	16	2	+3	+1	112,221,100	Normal
Alcoholic, Deterioration	4—Very low pressure—no fluid withdrawn for other work					

All women patients with *gonorrheal infections* were treated by various local antiseptic applications or by local high frequency ultra-violet. In all, 133 treatments were given.

The infra-red was used extensively in the women's prolonged service minor surgery as well as on the wards for the treatment of various conditions such as injuries to the soft tissues, infections, rheumatoid pains, beginning bed sores, and trophic disturbances. In all, 2096 light treatments were given.

Three catatonic patients were treated by intravenous injections of small doses of Sodium Amytal (Lindeman method). The results were only mild and transient. A few selected patients received more intensive psychotherapy.

Hydrotherapy: Hydrotherapy in the form of neutral baths, wet sheet packs in bed for 3 hours or in continuous baths and tonic hydrotherapeutic needle spray and scotch douché were administered on the men's prolonged service in accord-

ance with the principles hitherto practiced with the following statistics:

Number Patients Treated:	Men	Women
Neutral baths	107	236
Packs	32	116
Tonic baths	18	
Total	157	352
Number of Treatments Given to the Above:		
Neutral baths	2851	7720
Packs	646	1903
Tonic baths	413	
Total	3910	9623

The *Physical Therapy Department* gave treatments as follows:

Ultra-violet	9,546
High frequency	2,233
Low voltage currents	986
Infra-red treatments	4,358
Phototherapy	96
Vibration	68
Colonic irrigations	1,169
Therapeutic Fever	440
Total treatments given	18,896

This makes an average of more than 10 treatments to all the individuals in the institution, patients and employes combined. This is exclusive of the Roentgen therapy. During the year we gave 292 such treatments. In the diagnostic X-ray service we made 92 fluoroscopic examinations and 680 radiographic examinations. This including 396 dentals.

During the past year Dr. M. Rossman has been assisting Dr. H. F. Hoffman in the physical therapy department having more work along this line on account of the clinical director's absence on special assignment with the Bureau of Mental Health, Department of Welfare. Dr. M. Rossman has continued to do the metabolic rate determinations and Dr. A. Lindenfeld the electrocardiographic work.

The only physical therapy *equipment added* during the year was infra-red apparatus, we securing two small zoalites for localized treatment the older apparatus covering a much wider area than is at times desired. This new equipment permits more satisfactory treatment to ear, eye and other small areas.

The detailed report for this department is as follows :

	Total	Rec.	Imp.	Unimp.		Total	Rec.	Imp.	Unimp.
Abscess	5	3	2		Ileus	1	1		
Acne	22	2	18	2	Impetigo	15	15		
Acne Rosacea ..	1		1		Infection	5	4		1
Adenitis	2		2		Insomnia	2		2	
Alcoholism	4	1	2	1	Involution				
Anal Fissure ..	1	1			Melancholia ...	5		3	2
Anemia	10		7	3	Laceration	11	11		
Arthritis	24	9	13	2	Laryngitis	6	5	1	
Arteriosclerosis .	5		3	2	Lymphangitis ..	1	1		
Asthenia	2	1		1	Lumbago	4	2	2	
Bronchitis	25	17	5	3	Malnutrition ...	61	9	46	6
Bronchorrhoea .	1			1	Manic Depressive	32	8	16	8
Bronchiectasis .	1		1		Myocarditis ...	1		1	
Burns	6	4	1	1	Myositis	8	7	1	
Carbuncle	1	1			Neurasthenia ..	1		1	
Cellulitis	8	5	2	1	Neuritis	13	4	8	1
Cholecystitis ..	4		3	1	Osteomyelitis ..	5		4	1
Cold Prophylaxis	17	9	8		Otitis Externa .	5	4	1	
Constipation ...	39	13	24	2	Otitis Media ..	11	4	7	
Corneal Ulcer..	2		1	1	Papilloma	15	15		
Cystitis	1	1			Peridental Infec-				
Dermatitis	7	5	2		tion	4	4		
Dermophytosis .	17	5	12		Pernicious An-				
Dementia Prae-					emia	1		1	
cox	27		21	6	Phlebitis	1	1		
Duodenal Ulcer	1		1		Pleurisy	1	1		
Dysmenorrhoea .	1		1		Post Operative				
Eczema	4	1	3		Sinus	4	1	3	
Enlarged Tur-					Pregnancy	1			1
binate	1		1		Psoriasis	6	2	3	1
Encephalitis ...	21		20	1	Psychoneurosis .	12	3	7	2
Epilepsy	2		1	1	Psychopathic				
Epithelioma ...	6	2	4		Personality ..	1		1	
Erysipelas	3	3			Rectal Inconti-				
Exodonita	2		2		nence	1		1	
Fibroma	1	1			Rhinitis	6	6		
Fracture Simple	7	5	2		Seborrhoic Der-				
Fracture Com-					matitis	3		3	
pound	1	1			Sciatica	1	1		
Furunculosis ..	11	7	4		Sprain	11	6	5	
Gingivitis	1		1		Telangiectasis .	1		1	
Gastritis	1	1			Tonsillitis	5	4	1	
Hematothorax .	1			1	Tortecollis	1	1		
Hemorrhoid ...	2		1	1	Tuberculosis,				
Hepatitis	1		1		Pulmonary ..	15		11	4
Herpes Zoster .	3	3			Tuberculosis,				
Huntingtons					Intestinal	1		1	
Chorea	1		1		Tracheitis	1		1	
Hordeolum	3	3			Ulcer	9	3	3	3
Hysteria	5	3	1	1	Vaccination ...	1	1		
Ichthyosis	1	1			Valvular Heart				
					Disease	1		1	

Roentgen Therapy: 292 treatments were given, diagnosis and results being as follows:

	No. of Cases	Rec.	Imp.	Unimp.		No. of Cases	Rec.	Imp.	Unimp.
Abscess	6	6			Infected Wound	9	1		
Acne	5		5		Parotitis	2	2		
Adenitis	5	5			Paronychia	16	16		
Arthritis	5	3	2		Pleurisy	1	1		
Brain Tumor ..	1			1	Mediastinal				
Carbuncle	4	4			Tumor	1		1	
Carcinoma	4		1	3	Menorrhagia ..	5	3	2	
Cellulitis	27	25	1	1	Neuritis	2		2	
Dental Infection	1	1			Ovarian Dys-				
Eczema	4	2	2		function	1		1	
Epithelioma ...	2	1	1		Rectal Infection	1	1		
Furuncle	9	9			Scar Tissue ...	7		7	
Hematoma	1	1			Tuberculosis ...	1		1	
Hyperhydrosis..	1			1	Uterine Fibroid.	2	1		1
Icthyosis	3	3		1					

Roentgen diagnosis:

Fluoroscopic examinations ... 92
Radiographic examinations .. 680

Abdomen	5	Hand	20
Ankle	12	Head	14
Arm	8	Hips	7
Chest	145	Kidney	1
Colon	12	Knees	7
Dental	396	Legs	7
Elbow	6	Pelvis	5
Feet	2	Spine	4
Fingers	2	Shoulder	11
Gall bladder	3	Wrist	6
Gastro-Intestinal series	7		

ABDOMEN:

Diaphragmatic adhesions ...	1
Duodenal ulcer	1
Gastropotosis hypermobility.	2
Mesenteric tuberculosis	2
No gall bladder pathology ..	5
No ulcers	3
Ptois of Colon	2
Renal Calculi	2

CHEST:

Aneurysm of the Aorta	1
Aortitis	1
Enlarged heart	10
Bronchitis	2
Broncho-pneumonia	1
Bronchiectasis	1
Calcified lesion	6
Congestion of lungs	1
Centrally placed heart	2
Esophagus Visualization	1
Fractured ribs	4
No fractured ribs	1

Healed Lesions	8
Influenzal Inflammatory Re-	
action	2
Lesion of Roots	8
Miliary Tuberculosis	1
Mediastinum Broadened	1
No chest pathology	25
Peribronchial Infiltration ...	5
Plueral Effusion	2
Pulmonary Fibrosis	7
Pulmonary Tuberculosis	27
Mitral Stenosis	1
Scoliosis	1
Suspicious tuberculosis	6
Peribronchial thickening	5

HEAD:

Antrum, right involved in	
carcinomatous process	1
Calcified glands	1
Density of nasal cavity	1
Inferior turbinates enlarged.	1
Metallic sphere in right orbit	1

Periapical infection (molar)	1	Metacarpal	1
Pituitary tumor	1	Proximal Phalanx	6
Sebaceous cyst	1	Humerus	4
Torti collis	1	Mandible	1
EXTREMITIES:		Clavicle	2
Arthritis (Chronic) Proliferative	1	Ribs	4
Arteriosclerosis	4	Femur	5
Congenital Dislocation	1	Fibula	3
Dislocation	3	Tibiae	3
Fractures	37	PELVIS:	
Colles	3	Carcinoma of Rectum	1
Radius	3	Hemorrhoid	1
Ulna	2	No coccygeal lesion	1

OCCUPATIONAL THERAPY DEPARTMENT

Personnel: Director	1
Aides	7
Women Attendants	2
Men Attendants	4
Total	<u>14</u>
Daily Average—Men	100
Daily Average—Women	239
Total	<u>339</u>

There are ten shops, this includes pavilion for tuberculous women patients where a class is held one hour daily.

A total of 115 students of nursing received two weeks' training in bedside occupations, supplemented by six hours of theory. During the year 23 students from the School of Occupational Therapy, Philadelphia, divided into four groups for each thirteen week period, received training in the various shops and attended courses of lectures covering normal psychology, elementary and advanced psychiatry, special therapeutics, psychiatric nursing and case studies, mental hygiene and child psychology, electro-therapy and social service. This course is of inestimable help to students in assisting them in the proper approach and understanding of mental cases.

The routine of the shops is about the same as the previous fiscal year. Some new crafts have been added such as metal work, lamps, ash trays, candleabras and bowls made from discarded aluminum pots from the kitchens, also hammered copper. These are being made without regular metal tools, and is a good example of what can be done with metal without special tools, acid and fire.

During the winter months for 15 minutes each forenoon and afternoon patients in the shops who are not reached by the

physical education department are given exercises, always out of doors if weather permits and indoors with all windows open if not able to go out. Pass ball and circle games are played. A regular schedule for the prolonged groups will be worked out for the coming fall and winter. The patients have entered into these exercises enthusiastically.

During the past year a greater portion of our work has been planned for hospital use. Curtains, table covers, bureau scarfs, chair-backs, bed jackets, knitted woolen jackets, bed socks, caps, dresses, slips, bloomers, blouses, rugs, jute rugs, wooden cabinets, broom holders, book ends for library, lawn chairs, etc. Patterns for garments in various sizes have been given the sewing room to use, to do away with the heavy gathering and tying around the waist. Many children's clothes are being constantly made in the shops, covering the sizes most needed.

During the harvesting season every capable person is either out picking the crops or preparing vegetables. When classes are so depleted it gives an opportunity to plan and prepare work for the turbulent women patients and for winter work when classes are large. From the closing of school up to July 4th, many things are overhauled and repaired or made for the July Fourth Celebration. From July 4th to Labor Day again the department is called on to make new animals, properties, etc. This all takes time and planning as well as the constant "breaking in" of new students, and students of nursing for whom the department executes and finishes five bedside problems during their period in O.T. shops.

The department selects and delivers canteen goods to the patients daily; this is a very satisfactory service to them. Whenever possible the patients are taken to the canteen to select their own goods. An official shopper has been appointed to take care of the many requests for articles not purchasable in the patients recreation canteen. The shopper goes to town on an average of twice a month or when enough is wanted to warrant a trip.

Instead of a party at Hallowe'en in October 1933, it was decided to entertain the patients by giving groups of small "skits" in which the Staff were the actors. Nursery subjects were used; Mother Goose and her Children, "Little Boy Blue" Mary, Mary Quite Contrary; Jack Sprat and His Wife; Little Miss Muffet; Red Riding Hood; The Three Pigs; Big Bad Wolf; "Hansel and Gretel," etc., and "A Play on Words."

The patients enjoyed this greatly. A larger number of patients could be included than were handled at the Annual Hallowe'en Parties.

MUSIC DEPARTMENT	
Personnel: Director	1
Student Aide	1
Accompanist (Patients)	3
Men Attendants	1
Women Attendants	1
<hr/>	
Total	7
Schedule of Work:	
Type	No. of Patients
Orchestra	68
Piano Pupils	24
Vocal Pupils	24
Choral Group	80 Average
Community Singing	400 Average
Ladies' Quartet	7
Male Quartet	8
Mixed Quartet	6
Public School Music (Children)	68
Rhythm Bands (Children)	68
Music Appreciation (Children)	41
<hr/>	
Total	718

The *vocal* work has proceeded as usual this past year. On June 13, 1933, a prize was given to the patient who showed the most improvement in tone quality, diction, placement and the other requisites of vocal work. This prize went to a problem girl, who lost it the preceding year, because of poor behavior.

The pianoforte work has increased somewhat this past year, as there seems to be an unusual amount of ability among the patients. Having regular practice period has been an incentive to better work and results. On June 13, 1933, a prize was awarded to the patient who had made the most progress in technique, interpretation and the other necessary requisites of pianoforte playing. The patient was a middle-aged lady who had studied for a number of years in her youth, but had not been able to continue her study systematically, until she came to this hospital. She is getting keen enjoyment out of her music and calls it her Occupational Therapy.

The members of the *choral class group* continue to change constantly as many get well and leave the hospital. Due to this fact, the material varies. During the past year, the voices have been unusually good, especially among the men. The object of this class, beside furnishing pleasure and an outlet

for emotions, is to encourage a good group spirit, self control and poise. One young lady who was so excitable that the doctor hesitated to send her (for at that time, she was turning hand springs and standing on her head on the ward) has always been quiet, dignified and helpful, during the chorus hour. She loves music and is anxious to appear in public, as she had broadcasted several times before becoming ill. Some of the patients who went home before the Christmas Play and Spring Concert, came back to help us upon both occasions. The patients in the chorus are always anxious for as nearly a perfect performance as possible—and are co-operative and interested.

The *Community singing group* includes all of the occupational therapy patients, members of the chorus, children from the occupational shops and a large group from the turbulent wards. One hour is given to these groups who meet in the auditorium. During the hour, we have had special numbers by the chorus, vocal and pianoforte solos, numbers by the children, physical training groups and upon several occasions, dances or songs by some of the patients on the turbulent wards. One new song is taught each week and reviewed the following week, after which, familiar songs are sung, often being chosen by the patients. Rounds are frequently used and have been sung quite successfully. The bed patients on the hospital and receiving wards, as well as in the tubercular buildings, welcome with pleasure the quartet which sings to them, often choosing their favorite selections. There is a better response to the ward singing on some wards than on others. The men's turbulent ward seems to get the keenest enjoyment out of this activity. Some patients, who never sing, show their enjoyment by beating time, clapping or dancing. A record is kept of the number active or interested.

For the past two years, the public school music groups, as a whole, have not been as intelligent as in preceding years, although, some of the groups have made slow and consecutive progress. The "A Division" was not able to reach work with chromatics nor three part songs. This was not from lack of intelligence, as their theory was excellent, but a lack of former musical training and musical sense. The "B Division" was musical; but their intelligence was not as high, therefore, they will not be up to grade at the close of the year. The Intermediates were a great behavior problem at the beginning of the year. Their behavior impeded their progress for the first

few months, although individuals steadily improved, until at the close of the year, there is only one outstanding behavior problem and even he, shows some slight improvement. From January on, the progress has been good and a great deal of Territory has been covered in theory and a fair amount of singing. The primary group has been the most normal in every way, covering the amount of work of any primary group. Their behavior has been excellent.

The *Rhythmic bands* include all of the public school music groups. This is the most popular branch of music and because of this fact, the most interesting. Some of the groups have learned to read the scores intelligently, while others never got beyond the blackboard work.

The *Music Appreciation group* includes the first two divisions only. The Damrosch Appreciation Course, "Series A" was followed and in April, when Dr. Damrosch gave his review program of five selections, chosen from the fifty-four studied, two girls recognized all five selections and one boy and several girls, four out of the five. In the theme review on the piano, two girls recognized fifty of the fifty-four themes and one of these knew all of the composers. Several children recognized over thirty selections. The boy and the girl having the highest average, will receive a prize at the closing Recital.

The Junior nurses classes of both 1933 and 1934 showed a decided improvement in scholarship and interest, over those of the preceding years. Possibly, the presentation of a prize, at the graduation exercises, to the one having the highest average, has been an incentive for a higher type of work. The Junior Chorus, on May 17, 1934, was also the best which we have ever had. This is partly due to good material and partly to faithful and untiring practice.

The affiliate nurses are again spending one afternoon in the music department, this year. One hour is given over to lecture work and the rest of the time is spent in observation. A representative piano lesson is given, followed by a group vocal lesson and work with the choral group. For the demonstration piano lesson, a patient has been chosen who said that she would never play while in the hospital. When she first began to play, it was only for the benefit of the director. She is now the accompanist for the chorus, orchestra and community singing, accompanying on programs which are given for the public. She enjoys giving the demonstration piano lessons, as well as the accompanying.

PHYSICAL EDUCATION AND RECREATION DEPARTMENT

The regular classes for adult patients were carried on throughout the year. The children's classes were devoted to the preparation of school exercises. Drills were taught for the Flag Day Pageant, and dances and rhythms were taught for the Toy Shop Operetta.

Preparations were made for the annual Fourth of July, 1933, sports program and picnic which was held during the afternoon and evening of that day. Special efforts were made to have this a thoroughly enjoyable day for all the patients and employees who gathered on the hospital lawn. Many special attractions and surprise stunts helped to make the day a success.

The summer months were devoted to outdoor activities and preparations for the Labor Day Circus. Properties and supplies were lined up. Dances and gestures for the play, "The Dragon Princess" were taught; also special acts for the circus such as dances, tumbling and pyramid building. The circus was to be given on the hospital lawn but on account of rain was given in the auditorium on the afternoon of September 2, 1933. It was the first time the circus had ever been held indoors and worked out successfully.

The regular fall schedule was planned—with a few changes. The School classes were divided so that it was impossible to have gymnasium classes for every boy and girl every day. The schedule was planned so as to fit in with the school, O.T. and Music classes as follows:

FORENOON: Group of Catatonic Praecox Men from prolonged service.
" " Boys and Girls (ages 5 to 10 yrs.)
" " Girls (every other day)
" " Boys (every other day)
" " Men from prolonged service.

AFTERNOON: Group of Women from Admission Institute.
" " Girls (every other day)
" " Boys (every other day)
" " Boys and Girls (ages 5 to 10 yrs.)
Passive group from Men's Admission Institute.
Active group from Men's Admission Institute.

This program was followed out regularly during the winter months. The idea of having Friday as a free play day for the children was carried out as in the previous year. The reactions of the children during these periods were very interesting. The periods set aside for the boys and girls to play together have helped to create a much finer and more wholesome play spirit. This is quite noticeable on the playgrounds.

In the early spring all of the older boys in the Children's Institute group were sent to the farm. About the same time a group of nine boys and girls were considered unteachable and were dropped from the school classes.

Two evenings a week were devoted to basket ball games, from January until April. Games were played with teams from Allentown. The usual custom of having parties on holiday and feast days was carried out. Instead of the regular Hallowe'en party, the doctors, heads of departments and their assistants were invited to entertain the patients by dramatized several short familiar stories. This idea proved to be entertaining to both employees and patients.

During the month of April a CWA worker was sent to the hospital to assist in the department. The schedule set up for her was being carried out fairly well just about the time the project was discontinued. One morning every two weeks during the year, student and affiliate nurses and occupational therapy students attended the physical education classes to observe the work presented to the various types of patients and children.

SPECIAL EXAMINATIONS

Basal Metabolism: During the year 1933-34 tests were performed as follows:

2 Patients (men)	2 tests
11 Patients (women)	14 tests
3 employees (women)	4 tests
1 student (Cedar Crest)	1 test
<hr/> 17	<hr/> 21 tests
Total	

Analysis of Cases Tested 1933-34:

Diagnosis	Reason Tested	Result
Post Encephalitis	Thyroid Treatment	Minus 14
Psychosis with Cerebral Arteriosclerosis	Hypothyroidism	Normal rate
Same Case	Thyroid Therapy	Minus 10
Post Encephalitis	Study	Normal rate
Manic Depressive, Circular	Hypothyroidism	Plus 33
Same Case	Treated	Plus 25
Paranoia	Hypothyroid	Minus 20
Same Case	Treated	Minus 12
Post Encephalitis	Thyroid Therapy	Plus 0.25 Normal
Dementia Praecox, Cata- tonic	Study	Plus 13
Manic Depressive, Manic	Goitre	Plus 17
Manic Depressive, Manic	Goitre	Plus 7
No Psychosis	Study	Normal
Dementia Praecox, Para- noid	Study	Normal
Mental Defective	Hypothyroidism	Unable

EMPLOYEES AND OUTSIDE PATIENTS :

Hypothyroidism (Student Nurses)	Plus 28
Same Case	Plus 22
Endocrine Study	Minus 4
Post-Operative Thyroidectomy Second Year Follow Up	Normal
Goitre Study	Normal

ELECTROCARDIOGRAPHY

The statistics suggest that a high percentage of patients having neurosyphilis, show electrocardiographic evidence of cardiac involvement also.

Ten patients were studied from the electrocardiographic standpoint prior to and following pyretotherapy. This group showed no significant change in 6 cases, improvement in 3, aggravation in 1 case.

There has been instituted as a routine procedure to take four leads of every patient, the fourth lead being done by placing the electrodes on the chest and the interscapular region according to the method of Wolferth and Wood. The technique of this still needs further improvement, the tracings being rather uneven probably due to movement of the chest wall during respiration.

Observations of the electrocardiograms taken on the group of children are tabulated as a part of the special report prepared by Dr. Harry F. Hoffman and in collaboration with other findings.

The group of luetic patients consists mostly of cases of general paralysis and comprises 105 men and 42 women, a total of 147 tracings since the study began in 1931 and shows the following findings :

Axis Deviation	Men	Women	Total	Percent
Left	39	18	57	28.7
Right	3	1	4	2.7
Extra Systole (Ventricular)	8	1	9	6.1
Coronary (T Wave)	7	1	8	5.4
Slurring QRS				
Leads 1	2	0	2	1.3
" 2	4	1	5	3.4
" 3	32	9	41	27.9
Low QRS				
(All Leads)	29	9	38	25.8
Other Pathology	50	15	65	44.2

OPHTHALMOLOGIC EXAMINATIONS

Dr. Roy W. Goshorn examined the eyes of 79 patients and 15 employees during this fiscal year while Dr. Frederick Peters and Dr. William J. Ryan of Philadelphia examined the

eyes of 19 patients and 10 employees, making a total of 98 patients and 25 employees examined. The following pathological conditions were found:

Acute Catarrhal Conjunctivitis	9
Arteriosclerosis of Retinal Vessels	3
Bilateral Glaucoma	2
Bilateral Nystagmus	3
Brain Tumors Showing Choked Discs	3
Cataract	3
Choked Discs	3
Conical Corneas	1
Corneal Ulcers	2
Diabetic Retinitis	1
Iritis	1
Low-grade Keratitis	1
Nuclear Change of Lens	1
Opacity of Lens	2
Optic Atrophy	1
Optic Neuritis	4
Squint	7
Traumatic with Removal of Eye	1

The following *Ear, Nose and Throat* examinations and treatments were given throughout the year:

Patients	279
Employees	47
Total	326

Dental Activities: The following is the report of the two non-resident dentists covering the men's and women's services:

	Men	Women
Examinations	250	89
Extractions { Local Anesthesia	190	211
General Anesthesia	24	
Without Anesthesia	6	17
Amalgam Fillings	72	22
Silicate Fillings	16	8
Cement Fillings	7	1
Plate Impressions	8	8
Finished Impressions	8	8
Plate Repaired	5	13
Plate Marked	10	63
Bridge Cemented		1
Ultra-Violet Treatments		18
X-rays	3	202
Treatments—Pulp, Abscesses, Gum	96	69
Fractured Jaw	1	

Dentures worn by patients—have them marked by engraving some letter or number into the rubber and filled with amalgam.

Dental Hygiene Report:

Prophylaxis	2775
Vincent Treatments	1081
Toothache	60

The dental hygienist had the assistance of two dental hygiene internes. Most Vincent treatments are given in the form of ultra-violet.

Smears are made weekly.

Tooth brushes are distributed to patients who will brush their teeth.

PSYCHIATRIC INSTITUTE

Under treatment and admissions:

	Men	Women	Total
Number of Patients on Service June 1, 1933	84	93	177
Number of Patients Admitted to Service from June 1, 1933 to May 31, 1934	134	108	242
Total under treatment	218	201	419

During the year the change in the population was as follows:

	Men	Women	Total
Furloughs to Homes	73	72	145
Transfers to Prolonged Service	47	30	77
Discharges	2	6	8
Deaths	2	5	7

During the past year the admission institute buildings for both men and women have continued to be overcrowded. This has not been conducive to the best individual therapeutic results. The addition of a convalescent building is of paramount importance. Such a building would relieve not only the crowding but materially improve the classification which is of prime importance. During the past year, as in the past, the recovery of our patients has been hastened by the use of *Hydrotherapy*.

On the men's acute service the following treatments were given:

Number of individual neutral bath treatments	4,629
Number of hours neutral baths	29,254
Number of neutral therapeutic packs	208
Number of hours neutral therapeutic packs	1,031
Tonic baths	3,985

On the women's acute service the following treatments were given:

Number of individual neutral bath treatments	1,745
Number of neutral therapeutic packs	1,362
Number of tonic baths	30,642

Physical therapy and occupational therapy play an equally important part in the treatment upon individual basis.

It has always been our aim to try to do for our patients what we would like to have done for ourselves if circumstances

were reversed. The success of any institution depends a great deal upon having the good will of the relatives, and the willingness of the physicians to listen to any complaints or helpful criticism which they have to offer.

It has been encouraging to note that many of our patients who leave the institute admission service on furlough, prefer to report back at the hospital on visiting days to talk over their problems with the physicians who cared for them, rather than go to the assigned general hospital mental clinics.

Under treatment and admissions:

	Institute		
	Boys	Girls	Total
Number of Patients on Service June, 1933 ...	23	22	45
Number of Patients Admitted to Service from June 1, 1933 to May 31, 1934	18	11	29
Total under treatment in institute ...	41	33	74

Of the new admissions 16, 10 boys and 6 girls, were committed by the courts for observation, diagnosis and treatment.

On May 31, 1934, there were 59, 29 boys and 30 girls still receiving treatment.

The following is an analysis of the diagnosis of the year's admissions:

	Boys	Girls	Total
Psychosis with Brain Disease, Encephalitis ..	2	2	4
Manic Depressive, Depressive Type	0	1	1
Dementia Praecox, Catatonic Type	1	1	2
Dementia Praecox, Hebephrenic Type	1	0	1
Undiagnosed	4	4	8
Without Psychosis	3	1	4
Without Psychosis Psychopathic Personality	4	2	6
Without Psychosis Mental Deficiency	2	0	2
Without Psychosis Environmental	1	0	1
Total new Admissions	18	11	29

There has been definite progress in the care and treatment of the *children* placed into our care within the past 10 years. The stability and poise of the registered nurse personnel, supervisor in charge, particularly the addition of a general duty registered nurse for day service and similarly one for night duty has proven the value of this. Previous to this the change to untrained personnel had an undesirable effect upon the problem girls. The uniform stability of the men attendants with their length of service and working in harmony for the welfare of the boys is evident in the constant lessening of the problems and improvement in the conduct of the boys.

The *esprit de corps* of all of the institute departmental personnel in their uniform cooperative spirit is deserving of

the highest commendation, namely medical, nursing, attendant, occupational therapy, music, physical education and teachers. Each one doing his and her part towards the best interest of the individual girl and boy.

To illustrate, the director of physical education and recreation endeavors to make her work interesting from the child's standpoint and the response is gratifying. The time devoted to free play is equally interesting. The work includes the stressing of posture and the correction of any tendencies to become lax in this respect.

Each season groups of boys work efficiently in the hospital truck gardens for part of the day under attendant or patient monitor supervision.

Physical therapy in the form of continuous flowing neutral baths, therapeutic packs and the various electric modalities such as ultra-violet treatment have a beneficial therapeutic effect in improving the general health of the individual boy and girl receiving the treatments, which results in improvement in the conduct problems. In the girls unit 19 patients received 226 hours of neutral baths and 948 hours of therapeutic packs. Each child receives a tonic bath once each day.

The school work has made decided progress, the teachers deserve commendation for the efficient manner in which they have conducted their classes and the response given them by these problem and conduct disorder boys and girls is more than encouraging.

The entire personnel is naturally interested in the training of the children in proper habits and a decided step in the right direction has been made in the dining room, especially with the girls.

Institute School Activities: On September 5, 1933, the school activities opened with an enrollment of 40 boys and girls in grades 1, 2, 3, 4 (of the first school group). Of this number 1 boy was in the first grade, 6 boys and 4 girls were in the second grade, 6 boys and 4 girls were in the third grade and 9 boys and 10 girls were in the fourth grade. During the term it was found that 4 boys and 6 girls were working so slowly as to impede the progress of the other children. These 10 boys and girls were then excused from school work and occupied elsewhere. After this change the classes made marked progress.

Miss Esther Moyer the teacher for the first four grades made the following interesting report. "The academic work was so arranged that each teacher took care of four grades. By this arrangement promotion in each subject could be made when the individual child was ready for it. The work in the first three grades is mainly learning facts. In the fourth grade the child uses these facts as tools for thought and study. Teaching the child how to study is the work of this grade. Teaching a child to study can not be done as a class but must be entirely on the individual basis. There was no wide range of I. Q's in the class. Only 6 were above 80 so that the work was done very slowly."

"A daily schedule is necessary in a school to make the seriousness, ease and order. The program includes every subject every day. With this type of child the teacher has found it better to have shorter assignments and have each subject every day. In the lower grades more time is given to making an assignment and supervised study than in class discussion. At different times during the year achievement tests were given to make sure that the work was up to standard."

"E. M. Blew, the physician in charge of the institute group continued his daily visits to the class room and spoke alone to those of the children who found it hard to become adjusted to the school routine. By doing this and by examining the monthly report cards in the presence of the children competition became keen, interest was held and the problem of discipline was greatly minimized."

All grades are divided into morning and afternoon group; for example the fifth and sixth grades constitute the morning group; the afternoon group the seventh and eighth grades. These four grades constitute the second school group.

At the beginning of the year there were a number of very slow pupils who kept the class from making progress, six of these pupils were transferred to the lower grades teacher. The policy was established, the greatest good for the greatest number. Following this the fifth grades did twice the previous amount of work. There was an awakening of interest, and each child seemed to be doing his best to make up for the previous slow progress.

Out of the sixteen pupils in the morning class nine passed their work. Four of the six failures were because of entering school late in the term.

Latin, science, and literature were added to the eighth grade curriculum this year. It was found that in general the boys were more interested in science and the girls in Latin and literature. The addition of the new subjects made the year's work exceedingly interesting.

Of the eleven pupils in the eighth grade nine were promoted. One of the three seventh grade pupils was promoted. The two who failed entered late in the term.

Miss Catherine E. Peterson the teacher for the 5th, 6th, 7th and 8th grades made the following constructive observation. "Teaching at the hospital for five years, I have noticed a decided change in the general attitude toward school and the pupils toward each other. Most of the pupils seem to take a great deal of pleasure from their school activities. They cooperate with each other a great deal better, and seem to be able to play without as much supervision as they needed before."

"Each new pupil seems to conform more easily to classroom behavior. The disgust (from the children, who have been in the class for some time) shown at such offenses as cheating, taking things that do not belong to a person, etc., soon cause a child to be ashamed of these practices. Therefore there has been created a healthy, normal attitude toward the work, the other pupils, and the teacher. It has been interesting to watch the boys in their little politenesses toward the girls, such as letting the girls go in or out of the room first, always walking behind a person instead of in front.

"The cooperation with the school department from everyone has made the work very pleasant. When I think back on my five years of service here, it is with very happy memories."

During the past year five boys and one girl attended high school in Allentown. One boy completed his Junior year except for the fact that he was conditioned in English, which he will work off during the summer vacation.

The boy who has been the most cooperative and has shown the greatest interest, completed the ninth grade at Central Junior High School. At no time during the year did he cause any trouble whatever and the ward physician never had to speak with him for any misdemeanor. At the end of

his school year he won the general award of \$2.50, presented for outstanding industry, loyalty, obedience, scholarship, and citizenship in the face of difficulties.

RESEARCH

Laboratory: As will be seen, from the statistical report, the total of all laboratory procedures was again increased over that of the previous year. In our microscopic section work, we are now using the paraffin method almost exclusively.

A new procedure of the past year was to do the bromide examinations of the blood of a small series of patients as controls for other cases who were admitted with a history of bromide therapy. Although this series was quite small yet it seems to indicate that it may be used as a diagnostic test in cases where there is a question of a use of bromides.

The laboratory cooperated with Dr. H. F. Hoffman, Assistant Superintendent and Clinical Director in testing and checking up the blood and spinal fluid of cases which had been given treatment in the hyperpyrexator. The laboratory force was glad also to assist Dr. Roy W. Goshorn in making a serum preparation of the blood of a series of female patients which were used in the autogenous treatment of gonorrheal infection.

Of the autopsies which have been made during the past year, some have been very interesting and instructive. One case showed a subdural hemorrhage of the right side of the brain. Another case which appeared to be a carcinomatous one, with widespread metastasis, proved, under microscopic examination, to be a most unusual case of chronic anthrax. Other cases showed various pathologies, such as (1) hepatoma of the diffuse carcinomatous type with metastasis to nearby viscera; (2) a small brain tumor which was a pituitary adenocarcinoma with metastasis to apex of the right lung; (3) brain necrosis and cavitation following a thrombosis; (4) coronary thrombosis.

At the present time, there are two students taking the course of training for technicians. They will finish during the months of July and August, and two other girls who were chosen from a number of applicants will take their places.

The following is the report covering the work in the laboratory :

Type of Examinations	June 1, 1933 to May 31, 1934		June 1, 1933 to May 31, 1934
Animal Inoculation	1	Feces	12
Autopsies	17	Gastric Analyses	11
Guinea pig	2	Duodenal Content	0
Rabbit	1	Vomit	2
Biopsies	0	Microscopic Examination of	
Bacteriological Examinations		Placenta	0
Cultures	62	Milk Counts	14
Sub-cultures	42	Pleural Fluids	1
Vaccines		Sections	
Autogenous	2	Frozen	64
Smears	1,365	Paraffin	317
Blood Examinations		Sputums	55
Bromides	5	Specimens Preserved	14
Cultures	23	Urine	
Sub-cultures	9	Routine	2,414
Chemistries		Cultures	0
N.P.N.	20	Sub-cultures	0
Sugar	83	Osazones	3
Urea	27	Diazos	4
Urea N.	27	Sugar (Quantitative) ...	319
Creatinine	9	Bile	2
Chlorides	0	Mosenthal	4
C. Counts	346	Blood	20
Bleeding Time	7	P.S.P.	0
Coagulation Time	7	Water Counts	13
Examination for Morphine	1	Ward Work	
Kahns	594	Dicks	533
Smears	344	Schicks	444
Van Den Berghs	1	Toxoids	183
Wassermans	594	Typhoids	496
Widals	4	Small Pox Vaccinations ..	345
Cerebrospinal Fluid		Lumbar Punctures	87
Albumin	4	Veinous Punctures	703
Routine Examinations	88		
Mastic Curves	87	Total	10,190
Wassermans	80		
Kahns	79	The urine cultures for the year	
Chemical Examinations	1	33-34 are listed under bacterio-	
Cisternal Fluid	0	logical cultures.	

Dr. Roy W. Goshorn and Mr. Joseph Groff, physicist did *research work* on devising a method of sterilization. The plan was to have a method of sterilizing organisms as well as serums without injuring some of the activity which happens during the heat method. They were of the opinion that they could kill the organisms under pressure, so they devised a pressure chamber of rather small caliber, approximately $1\frac{1}{2}$ " x 6". Pressure was accomplished by forcing a mineral oil into the pressure chamber by means of an electric oil pump, thus accomplishing the desired amount of pressure. Two types of organisms were used, staphylococcus and streptococcus.

The samples were cultured immediately before being placed in the pressure chamber and immediately after removal from it. A similar number of organisms was cultured from

the sample going through the pressure chamber as from the control.

These were also carefully controlled, but practically as many organisms were cultured from the specimens that were through the pressure chamber as that on the control.

Mr. Groff has an invention of an internal combustion engine. In combination with this engine there is a pressure chamber which was used in the higher pressure experiments.

EDUCATIONAL AND PUBLICITY ACTIVITIES

The course in psychiatry to the Senior students at the Hahnemann Medical College and Hospital, Philadelphia, Pa., by the Superintendent, Dr. Henry I. Klopp, has been given the same as previous years other than two additional hours being added. The course at the college is followed by the Senior Class coming to Allentown for one week, taking up headquarters at a hotel. Lectures, clinics, bedside observations, daily quizzes and final examination to the students are given at the State Hospital. The clinics are held by the Assistant Superintendent, Dr. Harry F. Hoffman. The class is divided into sections for daily quizzes in charge of members of the medical staff. It is also divided into sections for daily bedside observation including the various therapeutic measures used in the treatment of the mentally ill.

During the past year, Dr. Harry F. Hoffman, Assistant Superintendent, presented a paper entitled, "A Study of Fifty State Hospital Children" at the American Psychiatric Association meeting in New York. He conducted the usual classes in connection with Lehigh University, namely, two sessions with the summer school, three sessions with the elementary psychology class and the twelve hour course for pre-medical students of Lehigh University and Lafayette College in combination.

TALKS: BY DR. HENRY I. KLOPP, Superintendent

DATE	TITLE	ORGANIZATION
October, 1933	"Treatment of Children in a Mental Hospital"	Lehigh Valley Torch Club
November, 1933	"Problem and Conduct Disorder Children"	Parent-Teacher Association, Marsh School Association
January, 1934	"The Relationship between Therapeutic and Institutional Occupations in a Mental Hospital"	Institute for Occupational Therapy, Philadelphia
January, 1934	"Causes Which Lead to Crime in Children"	Allentown Ministerial League

February, 1934 "Address—Student Nurses School of Nursing, Allentown
Capping Exercises" State Hospital
April, 1934 "Conduct Disorder Chil- Council of Federated Church
dren" Women, Allentown

ADDRESSES: BY DR. HARRY F. HOFFMAN, Assistant Superintendent

November, 1933 "Alcoholism" Business Men's Club, Allentown
November, 1933 "Behavior" Church of Nativity, Bethlehem
April, 1934 "Functional Psychoses" Germantown Medical Society,
Philadelphia

ADDRESS: BY EDGAR M. BLEW, Senior Assistant Physician

February, 1934 "The Aim of the Mental Child Helping Conference, Lan-
Health Institute for Chil- caster
dren"

ADDRESS: BY ROY W. GOSHORN, Assistant Physician

"Suicide" Northampton Rotary Club

ADDRESS: BY ETHEL F. BUCHMAN, Assistant Physician

April, 1934 "Some Present Day Aspects Alumnae Meeting St. Luke's
of Psychiatry" Hospital, Bethlehem

The medical staff gave the following program at the joint meeting of the Tri-County Medical Societies October 10, 1933:

"Types of Commitment"Harry F. Hoffman, M.D.
"Criteria of Normality"Edgar M. Blew, M.D.
"Hallucinations"M. Rossman, M.D.
"Delusions"Roy W. Goshorn, M.D.
General Discussion and Questions
"Exhibit of Pathological Specimens"
Helen L. Williams, M.D., Pathologist

During April and May, the Assistant Superintendent and Clinical Director, Dr. Harry F. Hoffman, under temporary part time arrangement with the Bureau of Mental Health, Department of Welfare at Harrisburg, made inspection of 33 mental hospitals in this State. This arrangement is to continue until all the mental institutions in Pennsylvania have been visited.

COMMUNITY SERVICE

There has been no change in activities except that the previous social service director, Miss Ruth Mellor resigned to accept a position in Kentucky, has been replaced by Mrs. Mary Lue Cochran. In our *clinics* we had 62 furlough patients make first visits, 201 out-patients made first visits there being 192 return visits by furlough patients and 210 return visits by out-patients making a grand total of 467 clinic visits. A child guidance clinic is in contemplation and the prospects are that it will be put into operation during the fiscal year 1934-1935.

The Social Service Department has continued the splendid pattern set previously by participating in community affairs whenever possible. The department has been actively interested in the Allentown Social Worker's Club, Mrs. Marjorie Best having served as secretary for the year just passed. She has also been asked to serve on the Membership Committee. Although the director Mrs. Mary Lue Cochran was not in this region when the organization of the Lehigh Valley Chapter of the American Association of Social Workers was advanced, she arrived in time to give the movement her support and she listed as a charter member. In addition to serving on the Program Committee of the Chapter she has served on the Chapter's Committee on Undergraduate Students Planning to Enter Social Work which is made up of agency members and faculty representatives of colleges in this area. This committee has already given more than 40 hours of group study and discussion to the problems involved and plans to continue next fall.

During the year Mrs. Marjorie Best has continued supervision of the Cedar Crest College students. This seems especially fitting in view of the fact that she is an alumnus of Cedar Crest College and she was a student doing field work in this hospital herself before she came on the staff.

As has been the custom in the past, the social service department has assumed a considerable responsibility for the success of the *Lehigh Valley Mental Health Conference*. Quarterly meetings were held during the past year but it is hoped that next year will offer opportunity for more frequent meetings and a more varied type of service. The Lehigh Valley Mental Health Conference which is the one organization existent in this area devoted to mental health, has sponsored the founding of a Child Guidance Clinic. A splendid board has been organized and we look forward to adding to this group until it adequately represents the area to be served. It is the plan to give every member of the department an opportunity to work in the new clinic.

Clinics: Sixty-three monthly clinics were held at the Allentown General Hospital and the Sacred Heart Hospital of Allentown, Pa.; at St. Luke's Hospital of Bethlehem, Pa.; at Easton Hospital of Easton, Pa.; at Palmerton Neighborhood House, Palmerton, Pa., and the Allentown State Hos-

pital, Allentown, Pa. A summary of the cases attending these clinics is as follows:

NUMBER OF VISITS TO CLINIC			
	Male	Female	Total
Furlough Patients	135	122	257
Discharged Patients	9	11	20
Out Patients for Advice and Treatment ...	247	164	411
Total	391	297	688

SUMMARY OF PATIENTS REPORTING TO CLINICS				
	First Visits	Second Visits	Children	Adults
Furlough Patients	62	195	6	251
Out Patients	201	210	195	216

SOURCES OF REFERRAL FOR NEW CLINIC PATIENTS

Social Agencies	69
Physicians	57
Clinic and Hospitals	42
Schools	22
Own Initiative	8
Ministers	1
Relatives and Friends	2
Department of Revenue, Harrisburg	1
State Department of Health	2
Lehigh Valley Motor Club	1
Total	201

SOCIAL SERVICE DEPARTMENT

This department has developed along two lines; first, history taking, and second, furlough supervision. As long as taking a social history is simply a fact getting device which is used for diagnosis only, it is a limiting service. The main purpose of a social history is to gather material about attitude, personality, personality slants, etc., to be used in future treatment. The fact that a patient is the youngest in his family means nothing unless the department finds out how he feels about being the youngest child. Unless psychiatry, with which psychiatric social work is a co-laborer, goes past the diagnostic age, social work of necessity must be limited to investigation. The furlough supervision which has been given in the past is only a promise of what can be done under a carefully planned program of adjustment. To spend the day stopping by the homes of half dozen patients on furlough the finding out how they are getting along just in order to report at staff conferences is leaving the work unfinished at its beginning. Before the patient leaves the hospital a comprehensive treatment

program should be worked out and analysis should be made of both the obvious and underlying causes of the patient's maladjustment and the psychiatrist should then direct the adjustment of the patient, thus extending his treatment from the hospital into the community and prescribing to the social worker who will carry out the psychiatrist's prescription with the patient in his environment. The worker should contact the patient on furlough not just to find out how he is getting along but to study his situation, his conflicts and problems in order to lay these before the psychiatrist who is entirely responsible for his treatment. Unless the worker brings the situation before the psychiatrist and is given comprehensive suggestions for further adjustment, so-called follow-ups are futile and meaningless. The only justification for contact with the patient is to assist the patient in maintaining his mental health the developing his personality to his fullest capacity.

The department has recognized the needs of its workers for *professional advancement*. Mrs. Marjorie Best one of the social workers is taking one afternoon a week at the Philadelphia School of Social Work. These extended throughout the winter and spring. In view of the progress made and need for wider experience and more varied training she will attend the New York School for Social Work for six weeks during the summer.

The teaching in the *School for Nurses* has continued as in previous years. This year an experiment was tried in project teaching rather than lectures and quizzes. The response was most gratifying.

A definite attempt was made to *correlate* the work with that of the Occupational Therapy and Nursing Departments. Many times it has been the nurse on the ward who could best interpret the patient to the social service before visiting the home for the purpose of making a plan for the patient's return. Whenever a new patient was admitted and in getting the history the director or workers came upon any material which would be of help to the Occupational Therapy Department in planning the type of therapy most conducive to the patient's recovery, if they found the patient had special interests such as music or dramatics they tried to convey this to the music department. They have asked the Occupational Therapy Department to help plan work for a patient leaving the hospital so he or she could be occupied in his home environment. They hope to have a field worker from the Occupational Therapy

Department who will go with them into the community so that she may direct and encourage patients on furlough and discharge in useful occupation, thus preserving their mental health.

It has long been recognized that a *Statistical report* is necessary but that numbers within themselves are not measure of psychiatric case work. The new trend should be toward comprehensive case work and personality adjustment, especially with children and adolescent delinquents in addition to investigations and reports which of necessity must be done on psychotic adults. The stress should be on prevention rather than follow-up after a definite personality change has come about.

ANNUAL REPORT OF THE SOCIAL SERVICE DEPARTMENT, 1934

	1933-34
Visits to Furlough Patients	470
Visits on Behalf of Furlough Patients	1,509
Visits on Behalf of Hospital Patients	2,007
Visits on Behalf and to Preventive Patients	265
Office Interviews with Patients	350
Office Interviews on Behalf of Patients	448
Other Interviews	218
Hospital Psychometric Examination	94
Clinic Psychometric Examinations	86
Student Nurses Psychometric Examinations	14
Cases Referred by Physicians	1,123
Anamneses	136
Staff Meetings Attended	237
Clinics Attended	63
Meetings Attended	28
Lectures Delivered	16

SCHOOL OF NURSING

STUDENTS

Number of Students in School, June 1, 1933	25
Number of Students Admitted	15
Number of Students Completed Training	6
Number of Students Discontinued	3
Number of Students in School, May 31, 1934	31

AFFILIATE STUDENTS

Number of Affiliate Students in School, June 1, 1933	25
Number of Affiliate Students Admitted	92
Number of Affiliate Students Finishing	95
Number of Affiliate Students Discontinued	2
Number of Affiliate Students in School, May 31, 1934	20

REGISTERED NURSES

	June 1, 1933	May 31, 1934
Staff	8	8
Head Nurses	7	7
General Duty	9	12
Electric Therapy	2	2
Total	26	29

INSTRUCTORS AND HOURS OF TEACHING

Physicians.....	308 (119 at Affiliating School)	308	hours
Director of Nurses		55	"
Assistant Director of Nurses		74	"
Instructor of Nurses		432	"
Assistant Instructor of Nurses		159	"
O. T. Director		72	"
Music Director		16	"
Social Service Director		10	"
Dietitian	45 (15 at Affiliating School)	45	"
Instructors and Supervisors at Affiliating School		47	"
Outside Lecturers		24	"
Total		1,242	hours

School of Nursing: On September 2, 1933, we admitted 15 preliminary students. They all had a pre-professional background of 72 counts of credit as evaluated by the Department of Public Instruction. As many as possible were also confined to the upper quartile rating as high school students. Two of these left within the first two months.

The remaining 13 students passed their theoretical and practical examinations and it was not necessary to eliminate any of them for failures or for any other reasons. To accept these students into the school as student nurses we had a capping ceremony at which time the students received their caps and were accepted officially into the School as Junior Nurses, February 1, 1934.

On November 22, and 23, Miss Anne C. Wray, Educational Advisor of the State Board of Nurse Examiners accompanied by Miss Frances Cleave, Nursing Consultant, Department of Welfare, visited us and went over all the details of our work very thoroughly. Her visit was a real inspiration and made us feel our program was so worth while.

In addition to the schools affiliating with us as of last year, we are now affiliating Pottstown Hospital, Pottstown, Pa. They sent their first group (two students) July 17, 1934, when we were making a regular quarterly change of affiliates. We had, therefore, the following number of students from the various schools:

April 24—July 16	West Penn	11
	Nanticoke	6
April 1—June 30	Allentown	8
July 1—October 8	Allentown	7
July 17—October 8	West Penn	10
	Nanticoke	6
	Pottstown	2
October 9—December 31	West Penn	9
	Nanticoke	6
	Pottstown	2
	Allentown	8

January 1—April 1	Allentown	8
	West Penn	9
	Nanticoke	5
	Pottstown	1
April 2—July 1	Allentown	9
	West Penn	4
	Nanticoke	5
	Pottstown	1
	Graduate Nurse	1

As will have been noted from the above, Allentown General Hospital sent their students, beginning with the October group at the same time we change the regular group of affiliates. They also stay for the entire period of thirteen weeks and take the full course instead of as heretofore having to return to their Home School for classes. This is a goal toward which we have striven for a number of years.

As also will have been noted in April, West Penn cut down their group to 4 students since they are decreasing the number of students in their School.

In January we started the affiliate course on a thirteen week basis instead of a twelve. Each group of students, therefore, will stay for a 91-day period with the exception of the last group who will stay for 92 days so that the course will always start on January 1, and make for a more regular program.

We anticipate affiliating with an additional school to enter with the October group of 1934, namely the School of Nursing of the Reading General Hospital, Reading, Pennsylvania.

Since the October affiliate program we had the following students affiliate for theory only.

St. Luke's Hospital	20 Students	Advanced Psychiatry 16 hrs. Psychiatric Nursing and Case Study 16 hrs.
Sacred Heart Hospital	23 Students	Advanced Psychiatry 16 hrs. Psychiatric Nursing and Case Study 16 hrs. Special Therapeutics 8 hrs.
Allentown General Hospital	24 Students	Advanced Psychiatry 16 hrs.

Two thirty-hour courses were given men attendants:

September 28, 1933 to January 11, 1934	14 attendants
January 23, 1933 to May 10, 1934	17 attendants

Throughout the year there have been conducted once a week a Ward Teaching Program class for the Graduate Nurses.

Our anticipated desire of last year to add to the staff two general duty registered nurses has been realized. Our desire

to add two floating registered nurses, one to fill in for graduate nurses' time off on night service and one for day service has not yet been realized.

The Nineteenth Annual Commencement of the School was held Thursday, May 17, 1934. The following received diplomas:

Miss Alice Margaret Lauf, Egypt, Pa.
Miss Irene Rockower, Philadelphia, Pa.
Miss Christine Mae Smith, Cressona, Pa.
Miss Fannie Loretta Wright, Cove Creed, N. C.

The address to the graduating class was given by W. N. Schwarze, Ph.D., President Moravian College and Theological Seminary, Bethlehem, Pa.

The Superintendent's medal for the student receiving the highest average in General Proficiency was awarded to Miss Alice Lauf.

The Assistant Superintendent's prize of ten dollars for the student highest in Psychiatric Nursing was awarded to Miss Irene Rockower.

Prizes of five dollars were awarded by the Allentown State Hospital Alumnae Association to the Student having the highest average in theory in the Intermediate and Junior Classes, to Miss Edna Wisser and Miss Elsie Mechta, respectively.

ADMINISTRATIVE AND DIETARY ACTIVITIES

Commodities have advanced an average of 40% with general supplies showing a marked advance. The items which must be requisitioned through the Department of Property and Supplies are coming through with more dispatch. We are receiving splendid cooperation from the Department in matters of an emergency nature. There is little cause for complaint and adjustments are being made.

There has been comparatively little labor turn-over in the Departments and the general tone of the personnel has been raised. When one recalls the type of person usually employed in Mental Hospitals just a few years ago, especially in the service units, a marked improvement is readily apparent. Whether or not this high standard can be maintained indefinitely is problematical, depending to a large extent upon general business and economic conditions.

Dietary Department: This Department, since the appointment of a Nutritionist-Dietitian in February, 1932, by the

appointment of Miss Opal E. Fender, a graduate of Battle Creek College, Battle Creek, Michigan, has functioned very satisfactorily. Her principal duties are: Supervision of the Special Diet Kitchen; Teaching Dietetics to Student Nurses; Supervision of General Food Service; Supervising the Canning and Dehydrating of Fruits and Vegetables raised on the hospital farms and collaborating with the Assistant-Steward in the preparation of house menus.

The ground work laid in the planning of a combination special diet kitchen and dietetic teaching laboratory provided instruction facilities for groups of student nurses also the organization of a domestic science class composed of adolescent girls.

The following products were canned and dehydrated during the 1933 vegetable season:

1496 Cans Peaches, No. 10 Tins
2482 Cans String Beans, No. 10 Tins
3012 Cans Tomatoes, No. 10 Tins
272 Cans Beets, No. 10 Tins
1780 Gals. Tomatoes, 10 Gal. Cans
760 Gals. Peach Preserves in Crock
155 Gals. Peaches in Glass
48 Gals. Jelly, in Glass
72 Lbs. Carrots—Dehydrated
100 Lbs. Green Peas—Dehydrated
24 Lbs. Corn—Dehydrated
100 Lbs. Wax Beans—Dehydrated

The dehydrating unit was a new venture and the quantity dehydrated while showing only a total of 301 pounds represents, however, about 3000 pounds of the fresh product; one pound of the dehydrated article representing 10 pounds of the fresh.

Our production of canned peaches in 1933 was only about 37% of the 1932 pack. This low production was due to the fact that the crop was only a third of that harvested the previous year. We, however, increased our tomato pack by about 2500 cans and in addition thereto, processed 2482 cans string beans and 272 cans beets.

It is evident that the severe and prolonged sub-zero weather of the past winter has practically ruined the peach crop of this year. We, therefore, expect few peaches, if any.

AGRICULTURAL ACTIVITIES

The acreage and yields of the main field crops were as follows :

Corn (Ears)	50	acres.....	2791	bushels
Corn (silage)	80	"	510	tons
Oats	76	"	820	bushels
Wheat	22	"	1004	bushels
Winter barley	32	"	1089	bushels
Hay (alfalfa)	100	"	427	tons
Mangles	4.5	"	120	tons
Potatoes { russett }	17.2	"	6052	bushels
{ cobbler }				

Dairy Production: The dairy herd, in accordance with the report of the Lehigh-Northampton Cow Testing Association, showed an average of 50.39 cows for the year with an average production of 12,843 pounds milk testing 3.19 or 409.5 pounds butterfat. There was a total production for the herd of 647,144 pounds milk and 20,637 pounds butterfat. The high cow produced 19,489 pounds milk and 624 pounds butterfat. This particular cow was one of the highest in the Testing Association and one of the ten in the State classified as very good. The herd is free from infectious disease. We have had no reactions for some years for tuberculosis and Bang bacillus disease.

Poultry: During the year 9440 dozen eggs were delivered to the kitchen from an average of 662 hens or an average of 182 eggs per hen. In addition to this egg production, a total of 4155 pounds of dressed chicken was delivered to the hospital kitchen.

Construction Program Needs: The following projects are among our urgent needs for the biennium 1935-1937: Three Stoker Fired Water Tube Type 500 HP Boilers; Combined Men's and Women's Convalescent Building—50 patients; Combined Dining Building for Nurses and Men Patients with Quarters for Employees and changing Basement of O.T. Building to Dining Room, with Corridor Connections; Building for 80 Turbulent Women; Home for 44 Women Attendants; Farm Colony Building for 40 Patients; Two-Story Porches and Day Halls; Superintendent's Residence; Two Officers Homes; Four Cottages for Married Physicians; Service Connections for projects 8-9-10; Children's Unit; Fire-proof Building for Men Tuberculosis Patients; Dairy Barn, piggery and storage units at the Farm Colony.

Per Capita Cost: The purchased maintenance cost (upon actual cost basis) for the fiscal year ended May 31, 1934, was \$5.81 per capita. The purchased extraordinary expenses (equipment for the farm, laundry, new attendants home, etc.) for the same period were \$.20 per capita. The produced expenses (from the farm, sewing room and upholsterer) for the year were \$.90 per capita, making a total weekly cost for the fiscal year of \$6.91 per capita.

Respectfully submitted,

HENRY I. KLOPP, M.D., F.A.C.P., D.Sc.,
Superintendent and Physician-in-Chief

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ISSUED TO

